### April - Lesson Plan Grades K-I

# FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

#### **Objectives**

Identify pineapple and avocado by shape, color, and special characteristics.

Learn why pineapple and avocado are good snacks to eat.

### **Supplies Needed**

April
Pick a **better** snack<sup>™</sup> & **Act**bingo card

Kindergarten: "Fresh California Avocados" worksheet

Grow It Up! Activity (optional)

### **Tasting Opportunities**

Featured Fruits: Pineapple Avocado

#### **Background**

**Pineapples** are native to South America where they are called "ananas." In 1493, Christopher Columbus found them growing on the island of Guadeloupe and brought them back to the Queen of Spain. The Spaniards called them "pina" because they looked like large pine cones. The English people added "apple" because they were big and juicy.

Pineapples do not grow in Iowa because it is too cold. They are grown in Hawaii, California and Florida. Most of the world's production comes from Thailand.

Pineapple grows on a large 2-3 foot plant. It has brownishyellow skin on the outside and bright yellow fruit inside.

We can eat pineapple fresh, dried or canned. Canned pineapple is available in slices, chunks, tidbits or crushed. They come packed in their own juice or in sweetened syrup.

Pineapple contains vitamin C. Vitamin C helps heal cuts and bruises. Pineapple also contains fiber. Fiber helps move food through our bodies.

**Avocados** are native to Mexico. Most of the avocados we buy in the United States are grown in California. They also can be grown in Hawaii and Florida. Avocados do not grow in Iowa.

Avocados grow on large, dense evergreen trees that get to be 80 feet tall. Avocados have a dark greenish-brown skin, which is removed to eat the bright green, soft fruit inside. It has a large, round seed that can be planted inside the classroom to start a new plant.

Avocados grow on the evergreen trees until they are ready to be picked. Avocados are carefully placed in refrigerated trucks and transported to grocery stores. They ripen quickly when transported with other fruit or in a warm truck.

Avocados contain fiber, vitamin C, vitamin E and almost twice the amount of potassium as a banana.

#### **Web Site Resources**

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org

www.choosemyplate.gov

www.fns.usda.gov/eatsmartplayhard

# Do the Activity: Kindergarten

Show a picture of an avocado or a fresh avocado to the class. Have the students color the avocado in their "Fresh California Avocado" worksheet picture the same color as the avocado shown to the class.

Ist Grade

Review with the students the health benefits of avocados and pineapple. (high in vitamin C) Vitamin C helps heal wounds on the body. Have the students draw a picture of a person with a cut or scrape on their knee or elbow. By the picture, have the students draw a picture of an avocado or a pineapple. Write a big letter "C" under the picture of the fruit.

# Talk It Over: Kindergarten

What color are avocados? (dark greenish-brown skin)
What color did the students color the avocado on the "Fresh
California Avocado" worksheet?

Ist Grade

How many of you have eaten avocados?

How many of you have eaten guacamole that is made from

the mashed avocado?

What does an avocado taste like? (soft and buttery)

How many of you have eaten pineapple?

What does a fresh pineapple look like? (brownish-yellow, scaly skin on the outside: green, spiky leaves on the top). How many of you have eaten canned pineapple?

Why is it good to eat avocados and pineapple? (They contain vitamin C to help cuts and bruises heal. Avocados have a lot of potassium and pineapple is high in fiber.)

### Apply:

When might you eat a pineapple? (for breakfast, lunch, snack, in a salad, anytime) There are many ways to eat pineapple. Raise your hand if you have eaten a pineapple in any of the following ways:

In a fruit salad





In a smoothie In muffins On a pizza

There are many ways to eat an avocado. Raise your hand if you have eaten an avocado in any of the following ways:

As a dip with Mexican foods (guacamole) Sliced on a sandwich On a salad

Can you think of other ways to eat a pineapple or avocado?

Tasting Opportunity

Have students wash their hands. Cut up the pineapple for the students to sample.

Peel and cut an avocado for the students to sample. They can then put an "X" through the bingo square of the fruit that they sampled.

How would you get a pineapple ready to eat as a snack? Pineapple – **Wash. Peel. Eat. (How easy is that?)** 

How would you get an avocado ready for a snack?

Avocado – Wash. Peel. Eat. (How easy is that?)

On the back of the Pick a **better** snack<sup>™</sup> & **Act** bingo card for each month, there is information for their parents and grandparents. Take the bingo card home and have your family pick out a snack idea to try at home.



### **Extend the Activity**



Art, Music & PE

Read <u>Colors</u> by John J. Reiss. At a learning center, place water paints and black ink pens. Encourage students to outline with ink pens and then paint in fruits and vegetables from the book that they have studied: apple, pepper, tomato, banana, pumpkin, orange, cabbage, grape and cucumber.



Language Arts & Reading

Read <u>Avocado Baby</u> by John Burningham. Ask the students if the story is likely or unlikely to be true.



Math

Write positional words such as on, in front, behind, under, between, after, before, above, below, top, middle, bottom, left and right on a white board or chalk board. Using one or more avocados and pineapples (or paper cutouts of these fruits) demonstrate the positional words. (Example: The pineapple is under the avocado.)



Science & Health

Follow the directions on the Grow It Up! activity page from the California Avocado Commission to grow your own avocado plant.

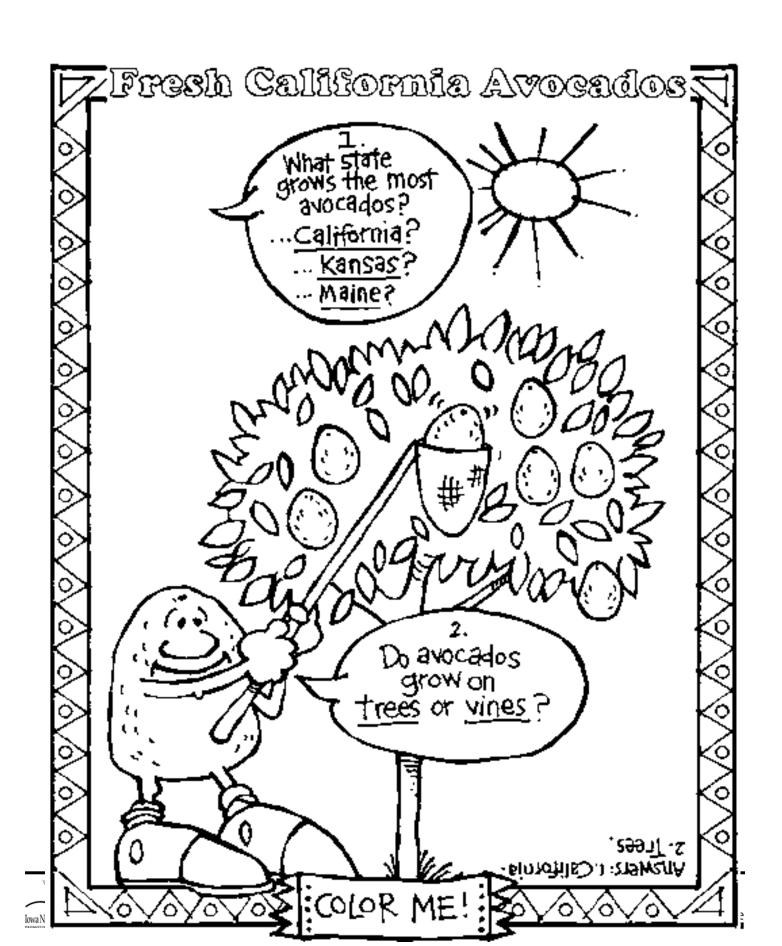


**Social Studies** 

Locate Hawaii, California, Florida and Thailand on a map to indicate where pineapples are grown. Locate Hawaii, California, Florida, and Mexico on a map to indicate where avocados are grown.







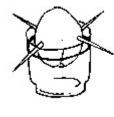


### Grow it Up!

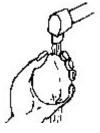


Part I. Growing your own avocado plant is fun and easy!

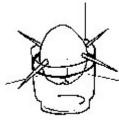
Just follow the directions below.



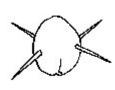
3
Use the toothpicks to hold the avocado seed over a glass of water. The water should cover 1/2 inch of the seed at all times.



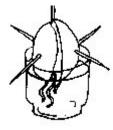
Wash an avocado seed.



4
Put the glass in a warm place, not in direct sunlight.



2 Stick two toothpicks into each flat side of the seed.



5
The seed will crack as roots and stem sprout in 2-6 weeks.

Part II. Record what you see each week on the chart below.

	Week 1	Week 2	Week 3
Avocado			
Size			
What we saw			
	Week 4	Week 5	Week 6
Avocado			
Size			
What we saw			

Source: California Avocado Commission



